BROOKLYN GETS BATTLE-READY

MODEL-TURNED-ACTRESS FORCED TO PROVE HER METTLE FOR LATEST GIG IN PETER BERG'S BATTLESHIP PAGE 11

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Pilot in fatal crash 'knew his stuff'

Okanagan. All three people on board were confirmed dead by the RCMP Monday

Friends of Colin Moyes, one of three people who died in a float-plane crash near Peachland Sunday, say he was a safe pilot.

The West Vancouver resident was flying his private de Havilland Beaver aircraft with two passengers from Kelowna to his hangar in Pitt Meadows when witnesses reported seeing the plane crash into a hillside along Highway 97C just before 7 p.m.

Back at Pitt Meadows Airport, Moyes' friends and colleagues were shocked to hear the experienced pilot was involved in the fatal crash.

"He was a great guy, 100 per cent. He was fun and loved his family and kids," said Dale Floyd, who can see Moyes' hanger from his office at Coast Dog Aviation, an aircraft-maintenance company run out of the airport. "I knew him really well. We lost one of the good guys."

The Transportation Safety Board (TSB) and BC Coroners Service are investigating the crash. Its cause is still unknown, but Floyd has a hard time believing pilot error could be to blame.

"I flew with (Moyes) just two weeks ago. I've logged 6,000 hours in planes like that and can tell you Colin knew his stuff. He got it," said Floyd. "He was a safe, cautious pilot. It's speculation at this point, but something else had to have gone wrong."

TSB spokesperson Bill Yearwood said two investigators were at the crash site Monday looking over the wreckage and searching for clues into what happened.

The RCMP have also interviewed witnesses who saw the plane go down from the highway, something Yearwood said could be extremely helpful.

Brad Serwa, a former pilot himself, was one such witness.

He was driving on Highway 97C with his family when they saw the plane about 60 metres above the road and angling toward the valley. Serwa pulled over and called 911 as the family watched the plane descend.

"Then there's a puff of smoke and I said, 'Oh, crap, it's gone down.' And then, within about a minute after we saw the smoke, we ended up seeing flames, and then the trees started catching on fire."

Serwa said Monday it appeared the plane's engine was running at the time of impact.

MATT KIELTYKA/
WITH FILES FROM THE CANADIAN PRESS

Pilot Colin Moyes was one of three people killed in a plane crash near Peachland on Sunday. FACEBOOK.COM

Hit the street for a taste of India

Lunch Rush drops in on Soho Road for mouth-watering kebabs PAGE 17

New York bedevils New Jersey

Rangers kick off Round 3 with a shutout victory PAGE 25

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Serial killer

Pickton case sat idle for months: Retired Mountie

A retired Mountie says weeks and months went by when no work was done on the Robert Pickton case in the late 1990s because she was never briefed that he might be a serial killer.

Ruth Chapman told the missing-women inquiry that August of 1999 she took over the file from Cpl. Mike Connor, who testified earlier that he considered Pickton a potential serial killer.

But Chapman says she was never given a detailed briefing about the investigation when she joined the case, and her boss, Sgt. Darryl Pollock, also had no idea they had a multiple killer on their hands.

Pickton wasn't arrested until February of 2002, when RCMP officers with an unrelated warrant searched his property in Port Coquitlam.

THE CANADIAN PRESS

Armstrong

Bail granted for accused in murder of teen

The mother of a woman beaten to death in Armstrong says she's not happy bail has been granted to a man charged with being an accessory to the murder.

But Marie van Diest says she'll have to live with the fact, and she hopes that Stephen Foerster won't be able to come up the $100,000 bail the judge has set for his release.

Foerster's son, Matthew, is charged with first-degree murder in the killing of 18-year-old Taylor Van Diest last Halloween.

THE CANADIAN PRESS

Fight HST organizer Bill Vander Zalm speaks to media in Vancouver Monday after the provincial government introduced legislation to transition from the HST to PST by April 1, 2013. MATT KIELTYKA/METRO

Province unveils 'better-stupid' tax

Changes. Clearer language, online filing among improvements to tax

MATT KIELTYKA
matt.kieltyka@metronews.ca

Finance Minister Kevin Falcon still doesn't like the fact that the province is reverting back to the Provincial Sales Tax.

But at least now, with a few improvements, it's a "better-stupid" tax after the provincial government officially rolled out its plan to get rid of the Harmonized Sales Tax and go back to the PST/GST system April 1, 2013.

Legislation introduced Monday promises PST will only be paid on goods and services that were subject to the tax before July 1, 2010. All permanent exemptions remain and Falcon promised that all the other exemptions that were in place when the PST was scrapped, in favour of the ill-fated Harmonized Sales Tax, will be brought back through regulation before the PST takes effect.

Other changes, such as clearer language, simplified administration and online filing, will improve on the old PST, according to Falcon.

The minister once called the PST a stupid tax, and when asked if this version is an improvement, he responded: "Yes. It's better-stupid."

Bill Vander Zalm, whose Fight HST initiative brought about the referendum that shot down the Harmonized Sales Tax, scoffed at the remark.

The PST "got more votes than he did, so I don't know which is more stupid — the minister or the tax?" the former premier said. "I'm a little concerned because much of what we were doing was because of democracy. Now the government is saying again, 'Trust us, we'll introduce regulations in the fall' and people are being left out of the process."

Opposition New Democrat finance critic Bruce Ralston said the government is still taking too long to unwind the HST. He said the government is taking 19 months to return to the PST, though it took 11 months to introduce the HST.

Follow Matt Kieltyka on Twitter @Mkieltyka

Exempt

Items that will be once again exempt from PST when it is brought back April 1.

- Food
- Restaurant meals
- Bicycles
- Gym memberships
- Movie tickets
- Personal services such as haircuts

Survey. B.C. NDP hits 50 per cent support: Poll

The online survey of 802 respondents show that not even a so-called "Free Enterprise" coalition formed by the B.C. Liberals and B.C. Conservatives could stop Adrian Dix's New Democrats from forming a new government.

Fifty per cent of decided voters and leaners say they will cast their ballot for Adrian Dix's New Democrats in the next provincial election, up seven points from the last poll two months ago.

Premier Christy Clark's Liberals remained at 23 per cent support, while the B.C. Conservatives under John Cummins dropped four points to 19 per cent.

The B.C. Greens are fourth with six per cent.

PHYLICIA TORREVILLAS/METRO

NDP Leader Adrian Dix
ARIANA KAKNEVICIUS/METRO FILE

Vancouver ranks among North America's most 'bikeable' cities

Vancouver is the second most "bikeable" city in Canada, University of B.C. researchers said Monday.

Researchers from UBC's school of population and public health, along with Seattle-based Walk Score and Simon Fraser University researchers, developed a "Bike Score" for 10 Canadian and 10 U.S. cities.

Bike Score ranks a city's bikeability on a scale of zero to 100 based on availability of bike infrastructure such as bike lanes and trails, amenities such as shops, attractions and restaurants, the hilliness of the area, and road connectivity.

A mother and her child enjoy a ride along the Stanley Park bike route last summer. PHYLICIA TORREVILLAS/METRO

The team used the data to create "heat maps" — a new measuring tool to gauge bicycle-friendliness.

Walk Score, which was founded in 2007, is known for ranking cities and neighbourhoods on how walkable they are. Victoria, Vancouver and Montreal rate highest among Canadian cities, while Minneapolis, Portland and San Francisco are the top three in the U.S.

"Bicycling is a form of healthy, active transportation," said UBC public-health professor Mike Brauer in a release. "We wanted to provide a user-friendly tool to gauge the bikeability of cities and neighbourhoods that would help planners identify areas that would benefit from additional infrastructure, while encouraging people to hop on a bike."

PHYLICIA TORREVILLAS/METRO

1 NEWS

On the web

Do robots dream of having android backsides?

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Inking your medical condition not the solution

With more people replacing MedicAlert bracelets with tattoos of their medical conditions, doctors are warning that getting inked doesn't usually suffice. Read the story at metronews.ca

Mobile news

Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

Suzuki forges onward despite Conservative cuts, CRA audit

In his nature. Environmentalist comes out swinging over program cuts, 'punitive' tax review

KATE WEBB
kate.webb@metronews.ca

David Suzuki says he finally feels free to speak his mind since stepping down six months ago as a director of the namesake environmental charity he founded more than 20 years ago.

The broadcaster and geneticist, who has been an outspoken critic of the Conservative government's plan to expedite oilsands production, felt shackled by federal rules requiring charities' political activities to be non-partisan.

"I want to name names, and that's the problem," Suzuki said on Monday during a press junket in Vancouver for the CBC's fall-winter season. "So what has happened is I've become a liability. Because in speaking as one person, the foundation suffers, and I have felt incredibly frustrated because of that. I have pulled my punches."

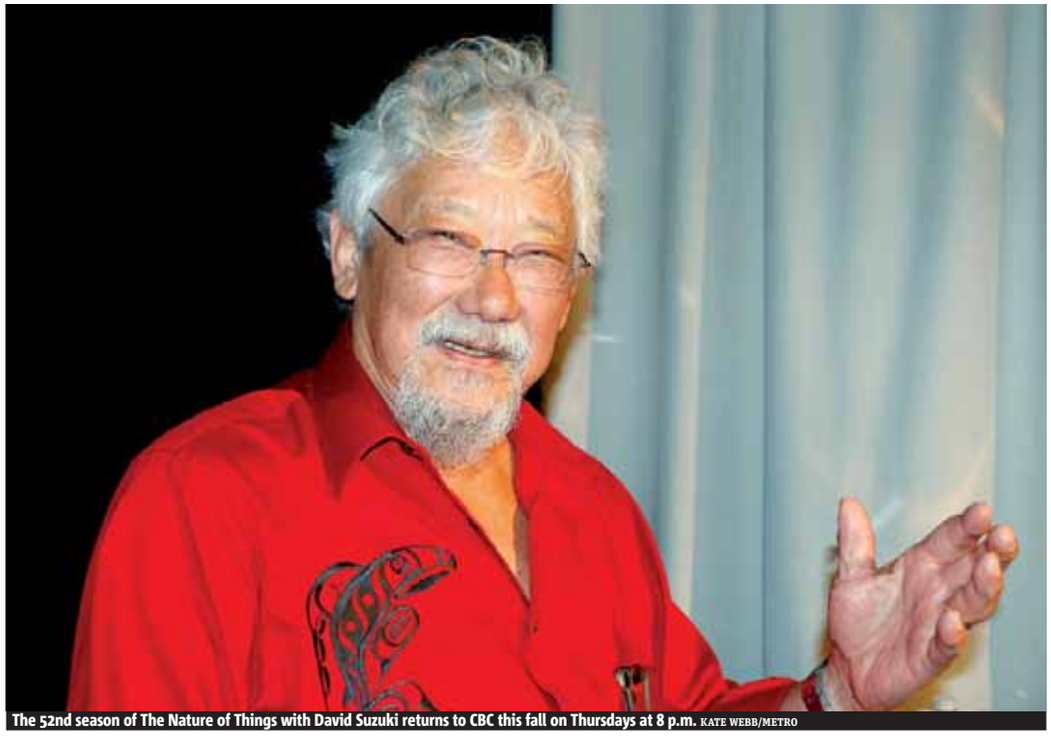
Suzuki said despite relinquishing his post last year on the advice of the Canada Revenue Agency, the David Suzuki Foundation, like many environmental charities these days, is bracing for an audit.

"It's very demoralizing, because so much of that resource then is dedicated to that process, and the last time we were audited I think it cost over $100,000 of our money to do that, so it's a very expensive, punitive thing that can be done," he said.

The foundation has been audited three times before. A recent internal review of its finances found less than one per cent of its resources are dedicated to political activity — well within the legal limit of 10 per cent.

But that's not the only frontier on which Suzuki is feeling Conservative pressure. Since the new federal budget was announced in March, his long-running CBC series, The Nature of Things, has had to cut three staff members as well as the number of original shows it produces.

Suzuki, 76, isn't letting any of that slow him down, though. This season on The Nature of Things, he travels to Ecuador's Yasuni National Park, possibly the most biologically diverse place on Earth.



The 52nd season of The Nature of Things with David Suzuki returns to CBC this fall on Thursdays at 8 p.m. KATE WEBB/METRO

The country's economist president, Rafael Correa, has been lobbying the international community for funds to allow the impoverished nation to leave oilfields underneath the Amazonian park untapped. So far, the initiative has raised $120 million.

Follow Kate Webb on Twitter @MetroK8

Raise your glass to craft beer: Festival starts Friday

Brewmaster James Walton of Storm Brewing shows off one of his handcrafted beers last May. PHYLICIA TORREVILLAS/METRO FILE

Vancouver Craft Beer Week is back, and this year it's all about partying like a rock star with a brew in hand.

Diehard enthusiasts can raise their glasses on Friday at the opening night of the nine-day festival at the Roundhouse Community Centre. It runs through May 26.

This year's theme lets brewers and beer buffs unleash their inner rock star, said VCBW's Chris Bjerrisgaard.

"We really just wanted a theme that was fun," he said. "With so many other (beer and wine) events … they are a lot more serious about how they approach things and that's perfectly fine for them. But we found to get beer out there to everybody, we had to approach it from a new angle."

He said the event will also showcase how music and beer go together.

New this year is the Hop-Headbangers Ball at the Woodland Smokehouse, where craft-beer aficionados can enjoy an evening of beer, BBQ and rock 'n' roll.

Fifteen of Vancouver's top bartenders will also square off at Clough Club for the first annual VCBW beer-cocktail competition.

Bjerrisgaard said with the return of last year's popular signature events, including the Hoppapalooza, people will again get a chance to experience the growing craft-beer scene in Vancouver.

"We always joke that we are about five to 10 years behind the U.S. craft-beer scene, but the rate at which we're improving and moving quickly, we're finding that gap's starting to shorten to more like two or three years," he said.

"We should be caught up sooner than we think, and these are very exciting times." PHYLICIA TORREVILLAS/METRO

Investigation

Two sawmill explosions were similar: Agency

Investigators have found similarities and possible sources for two separate sawmill explosions that killed four men.

Jeff Dolan of WorkSafeBC says investigators believe the ignition sources in both explosions were in contained areas in the conveyor level, or basement, of the buildings where electrical or mechanical equipment was in operation.

Roberta Ellis, vice-president of corporate services with WorkSafeBC, says the agency has told other mill employers to pay extra attention to those locations inside their sawmills.

WorkSafeBC has already issued a directive to every sawmill employer in the province that they must clean up dust in their operations. THE CANADIAN PRESS

Deadly gas incident

Mushroom farm needed simple maintenance, inquest hears

Destined to fail — that's how a contractor is describing a piping system at a Langley mushroom farm that spewed deadly gas, killing three workers in 2008.

Dirk Kerkhoff told an inquest into the deaths that he raised concerns about the system in the compost shed but was told by farm manager D'Arcy Ashe to mind his own business.

Kerkhoff says the water-containment system began overflowing within three months and the problems could have been avoided with simple maintenance.

He also says Ashe started the composting facility without getting a final inspection or occupancy permit. THE CANADIAN PRESS

Too many trucks

B.C. roads more dangerous?

The Government and Service Employees Union believes more commercial trucks, and fewer safety inspectors, are making B.C. roads more dangerous. It says standards have fallen since 2003 when ICBC handed commercial-vehicle safety enforcement back to the province. THE CANADIAN PRESS

Sea Shepherds

Paul Watson in Frankfurt jail

One-time B.C. resident and Sea Shepherd Conservation Society founder Paul Watson was arrested Monday at the airport in Frankfurt, Germany, and is in jail pending extradition to Costa Rica, where he's wanted for allegedly endangering a fishing boat in 2002. THE CANADIAN PRESS

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Accused hang-glider pilot apologizes to victim's family

Memory card.
B.C. man says his impulsive behaviour was triggered by 'overwhelming stress'

When hang-glider pilot William Orders set out to take a young woman soaring through the skies over scenic British Columbia last month, his goal was to give her an "amazing adventure" and "lots of smiles."

Instead the 50-year-old acknowledged he "failed in a major way" on Monday, just over two weeks since Lenami Godinez-Avila, 27, plummeted to her death.

Orders delivered a short statement in his first public appearance since getting bail in connection with a charge he attempted to obstruct justice into the investigation by swallowing a memory card.

"I want so much to relive that day and to have it turn out differently," he said of the accident in a statement obtained by The Canadian Press.

"I will be left with the events constantly going through my mind, and that I will have to endure forever. Please believe me when I say I am sincerely and deeply sorry."

Orders was arrested two days after the April 28 accident, and remained in custody for another week while police and lawyers waited for the data disk to pass through his system.

RCMP say the disk may contain footage of what happened from the video camera that was aboard the glider.

"I would like to apologize to Lenami's family, to the police and the public for my panicked action of swallowing the memory card as I did," Orders said.

He said his impulsive behaviour was triggered by "overwhelming stress" that included the presence of his 12-year-old daughter on the field, where the tandem flight was supposed to land.

THE CANADIAN PRESS

Lenami Godinez-Avila's boyfriend purchased the gliding adventure over Fraser Valley to celebrate their two-year anniversary. COURTESY/REMEMBERINGLENA.COM

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Japan

B.C. donates $2M to market damaged by tsunami

B.C. wood is building bridges in Japan.

The provincial government and Ottawa have each put up $2 million to help in the rebuilding of a public city market destroyed last year by the massive earthquake and tsunami.

Premier Christy Clark says the wood will help the local farming and fishing industry, and that it will also be regarded as a lasting symbol of B.C.'s close relationship with the Asian nation.

THE CANADIAN PRESS

Lillooet

Reserve under evacuation order as wildfires spread

A First Nation reserve near Lillooet is under evacuation alert as a large wildfire continues to spread in the central Interior.

More than 40 firefighters were attacking the blaze with the help of helicopters yesterday in the area of Marble Canyon First Nation.

Fire information officer Kayla Pepper says the fire was 80 hectares in size and only 1.6 kilometres from the nearest structure.

THE CANADIAN PRESS

First Nations. Sense of hopelessness leads to suicide attempts: Chief

A pervasive sense of helplessness among a Vancouver Island First Nation has spawned suicides and attempted suicides, says the chief of the Cowichan Tribes.

Since January, four people have killed themselves and another 52 so-called suicide alerts have been issued in the community.

The alarming statistics forced Chief Harvey Alphonse to declare a state of emergency Monday and ask for provincial and federal government help.

"There is a sense of hopelessness," he told a news conference.

"We're at a time where I guess the economy is difficult, there's high unemployment, many of the inherent rights that we know of are being eroded, for example our hunting rights, our fishing rights."

The unemployment rate in the 4,500-member community is 85 per cent.

The Cowichan Tribes bills itself as the single-largest band government in B.C., and its traditional territory covers the area of Cowichan Valley on the southeast side of Vancouver Island.

Alphonse said the declaration is part of a plan to give band members hope that the epidemic will end.

"It's devastating whenever an individual is successful," he said. "It impacts not only the immediate family, but the entire community. That's where the ripple effect seems to take place."

THE CANADIAN PRESS

Cowichan council member Chuck Seymour pauses during a news conference on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Plane crash survivor Andreas Rasch, centre, from Denmark, is helped by rescue workers. SANTOSH POKHARAL/THE ASSOCIATED PRESS

15 dead after plane crashes into Himalayas

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a stretcher.

Quoted

"We were thrown around. The seats were unfastened and we were squeezed between seats and bodies."

Emilie Joergensen, plane crash survivor

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but did not catch fire. Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

THE ASSOCIATED PRESS

RCMP officers acted reasonably during G20, watchdog says

G20. Commission commends Mounties for planning and action during violent protests at summit in Toronto last June

The RCMP acted in a "reasonable and appropriate'' fashion during the Toronto G20 summit marred by violence and mass arrests, says the watchdog that keeps an eye on the national police force.

In its long-awaited investigation report, the Commission for Public Complaints Against the RCMP says there were no incidents of unreasonable force by the Mounties.

It also found RCMP planning was thorough, placement of security fencing justifiable and intelligence-gathering done with attention to the rights of demonstrators.

In addition, there was no indication that RCMP undercover operators or event monitors acted out of line or as agents provocateurs, the commission says in its report released Monday.

G8 leaders gathered in scenic cottage country near Huntsville, Ont., in late June 2010 before joining other politicians for the G20 summit in downtown Toronto.

Municipal police officers were responsible for most of the frontline street duties at the G20, but the RCMP was a key player in summit security planning, co-ordination and protection of foreign visitors.

Though Mounties were involved in three incidents of kettling — or boxing in — protesters, contrary to RCMP policy, they acted reasonably on orders of the Toronto police in charge, according to the commission report.

Still, it recommends better co-ordination between the RCMP and other forces at future events, as well as clear operational guidelines to avoid any confusion.

"As you can appreciate, with thousands of members of the RCMP and other police services coming into Toronto for this event, that co-ordination is vital,'' said Ian McPhail, interim commission chairman. "While we found that on balance it was well done, we certainly found that there was room for improvement."

THE CANADIAN PRESS

Watchdog

"While we found that on balance it was well done, we certainly found there was room for improvement."

Ian McPhail, interim chairman of the Commission for Public Complaints Against the RCMP

The complaints commission investigation, which began in November 2010, is one of several probes that looked at elements of policing and security at the summits.

Quebec protests

Education minister quits position

Quebec's education minister and deputy premier resigned from politics Monday in a bombshell announcement that came after months of student-related unrest.

Education Minister Line Beauchamp said she was not resigning because of violence and intimidation related to the student strike.

THE CANADIAN PRESS

Vince Li. Greyhound killer could be granted leave

Crown prosecutors do not oppose letting a man who beheaded a fellow passenger on a Greyhound bus off of the grounds of a Manitoba mental hospital.

A psychiatrist treating Vince Li has asked a federal review board to let Li take escorted trips into the city of Selkirk, Man.

Dr. Steve Kremer says Li has responded well to his treatment and understands he has schizophrenia.

The Crown did not object to the request.

Li has been in a mental hospital since he was found not criminally responsible for stabbing and decapitating Tim McLean on a Greyhound bus in July, 2008.

Li was initially kept in a locked ward, but began being allowed short walks on the hospital grounds in 2010.

THE CANADIAN PRESS

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Palestinian prisoners agree to end their hunger strike

Deal with Israel.
The agreement ended a standoff that left some clinging to life; thousands demonstrated

Hundreds of Palestinian prisoners agreed Monday to end a long hunger strike after winning concessions from Israel to improve their conditions and limit detentions without trial.

The two sides announced the agreement resolving a standoff that united Palestinians behind one of their most emotional causes.

The deal ended one of the largest prison protests ever staged by Palestinians.

Two men had refused food for 77 days, the longest ever Palestinian hunger strike, leaving them in life-threatening condition, according to their supporters.

With the Palestinians set to hold an annual day of mourning on Tuesday, both sides were eager to wrap up a deal to lower tensions.

The Palestinian people are marking what they call the "nakba," or "catastrophe," the term they use in describing the suffering that resulted from the establishment of Israel, 64 years ago.

The deal for prisoners was signed on Monday afternoon. Egyptian mediators brokered the deal. THE ASSOCIATED PRESS

Concessions

The Palestinians won key concessions in the deal mediated by Egyptians, including more family visits and limits to a controversial Israeli policy that can see people imprisoned for years without charge.

- In return, Israel extracted pledges by militant groups to halt violent activities, and prevented the potentially explosive scenario of prisoners dying of hunger.
- Two men launched the strike on Feb. 28 becoming the longest ever Palestinian hunger strikers. At least 1,600 other Palestinian prisoners —more than a third of the prison population — joined the strike on April 17.

Palestinian activists inside the Socialist headquarters in Paris, Monday, demand the release of Palestinian prisoners in Israel. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Police investigate mobster's remains in basilica

Pietro Orlandi, brother of missing girl Emanuela, arrives at Sant' Apollinare Basilica, in Rome, Monday. ROBERTO MONALDO/LAPRESSE/THE ASSOCIATED PRESS

Forensic police swarmed the crypt of a Roman basilica on Monday to exhume the body of a reputed mobster as part of an investigation into one of the Vatican's most enduring mysteries.

Investigators were looking into the 1983 disappearance of the teenage daughter of a Vatican employee.

Medical experts took samples from the remains of Enrico De Pedis and also took boxes of old bones from the nearby ossuary, according to a De Pedis family lawyer, as part of the investigation into whether Emanuela Orlandi may have been buried alongside him.

Orlandi was 15 when she disappeared in 1983 after leaving her family's Vatican City apartment to go to a music lesson in Rome.

Her father was a lay employee of the Holy See.

De Pedis, a member of Rome's Magliana mob, was killed in 1990.

His one-time girlfriend has reportedly told prosecutors that De Pedis kidnapped Orlandi, and an anonymous caller in 2005 told a call-in television show that the answer to Orlandi's disappearance lay in his tomb.

Amid a new push to resolve the case, the Vatican said last month it had no objections to opening the tomb.

Orlandi's brother, Pietro, who was at the scene, said samples from De Pedis' body had been taken for further tests and the tomb re-closed.

He said the corpse was in relatively good condition, but there was only one body — that of a male — inside the casket.

THE ASSOCIATED PRESS

Sant'Apollinare basilica

Speculation has long swirled around the location of De Pedis' tomb, since he is buried alongside important Catholics — an unusual final resting place for a reputed mobster. As the exhumation went on, a priest was celebrating mass upstairs.

- De Pedis' casket is expected to be moved to another location for reburial.

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U.S.-Mexico border

Investigators work to ID massacred 49

Authorities worked Monday to identify the 49 people found mutilated and scattered in a region near the U.S. border in the Mexican town of San Juan.

THE ASSOCIATED PRESS

Newark airport

Staffer arrested

A security supervisor at the Newark, New Jersey, airport has been arrested on a charge he was using the identity of a murdered New York City man. Charged is Bimbo Olumuyiwa Oyewole known as Jerry Thomas.

THE ASSOCIATED PRESS

Canadians confident in their job security

Economic climate. Survey suggests 75 per cent are 'extremely secure' about their jobs; but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction.

The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction was somewhat surprising given that on the question of whether respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

"There were some surprising findings," said John Cardella, Ceridian's vice-president of human resources.

He points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Human resources firm Ceridian said one of the interesting findings is that employees who are given performance reviews tended to be more satisfied. Cardella said that is likely because they felt "connected" to the business.

The survey found on the job satisfaction indicators, there has been a dramatic shift downward in attitudes.

Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago. Overall, 31 per cent expressed dissatisfaction with their career progression, eight percentage points higher than a similar survey conducted in 2011.

THE CANADIAN PRESS

Quoted

"...That one in three are dissatisfied with their career progression clearly states that employers need to do more if they want to retain their top talent."

John Cardella, Ceridian's vice-president of human resources

Japan taking a turn for the robotic

Robots make Yaris compact sedans at a Toyota plant in northern Japan in this 2011 file photo. Canon is moving toward fully automating digital camera production in an effort to cut costs — a key change being played out across Japan, a world leader in robotics. It's not simply the stereotype of machines snatching assembly-line jobs from workers — if successful, counting on machines could help preserve Japan's technological power, Canon spokesperson Jun Misumi said Monday. KOJI SASAHARA/THE ASSOCIATED PRESS

Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines are designed to work with the same security standards used by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards.

The guidelines were developed by Canada's major banks and credit unions, although analysts say using smartphones as surrogate wallets to pay for purchases is still a few years off.

Telecom analyst Iain Grant of the SeaBoard Group says smartphones first need to be equipped with what's called Near Field Communication, a technology that allows consumers to tap or swipe their phones against terminals to pay for goods.

THE CANADIAN PRESS

Market Minute

DOLLAR
99.71¢ (-0.2¢)

TSX
11,488.61 (-206.14)

OIL
$94.78 US (-$1.35)

GOLD
$1,561 US (-$23.00)

Natural gas: $2.431 US (-7.8¢)
Dow Jones: 12,695.35 (-125.25)

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Mexico From 1.9 ¢/min	Nepal 14.9 ¢/min	Pakistan 5.9 ¢/min	Philippines 11.9 ¢/min	Poland 1.9 ¢/min	Romania 1.9 ¢/min	Russia 1.9 ¢/min
South Korea 2.9 ¢/min	Sri Lanka 9.9 ¢/min	Trinidad 4.9 ¢/min	UAE 14.9 ¢/min	Ukraine 7.9 ¢/min	United Kingdom 2.9 ¢/min	Vietnam 4.9 ¢/min

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CATS AND THEIR CURIOUS APPEAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a "cat person." Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man's best friend, cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won't leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They're independent and effortlessly playful in a way that doesn't scream, "Look at me! I'm trying so hard!"

Nowhere is the unintentionally comical nature of cats more evident than online. The Internet LOVES cats. Cat videos are almost as pervasive as pornography, and the comical lolcats meme has a devoted fan following. If you own a computer, there's no doubt you've seen these humorous image macros, which combine photos of felines with misspelled and grammatically incorrect captions.

Saucer of milk, Table 2

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet culture conference. That's right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you're missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.

Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping

Aviation safety

Angry pilots tired of proposed law

Pilots say they're literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view

"The proposals are not based on scientific evidence. Twice we have recommended changes and twice they have rejected them."

Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA)

The ECA claims the latest draft law is "insufficient to protect passenger safety and reflects the airlines' commercial demands rather than scientific recommendations."

Agency's view

"No one has a monopoly in science.... These proposals are based on the best practice available."

Dominique Fouda, safety information and communications officer at the EASA

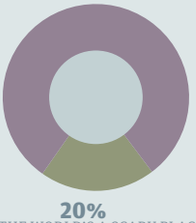
Fouda told Metro that discussions on the proposals are "still ongoing" and "two rounds of public consultation, including comments from pilot groups" have been considered for the proposed law.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Microchipping kids: the best way to keep them safe or helicopter parents spinning out of control?

80%
AGAINST: THAT'S CRAZY SAUCE!



20%
FOR: THE WORLD'S A SCARY PLACE

Twitter

@hrhpurplehayes:
Man, what a concert #Rammstein NEVER disappoints!!!

@slik786:
Last night was a pyrotechnicians wet dream. #Rammstein #TILLisABeast

@MilaKatana:
Working Mothers Day + #Rammstein = copious amounts of pain in places I forgot could hurt :(

@sammyella:
And feeling like last night was all just a dream. You know it was a good show when it feels like it wasn't real life! #Rammstein #Vancouver

@nicolevanzanten:
It's official. That was the best on-stage performance I've ever seen. Blew Watch the Throne theatrics out of the water. #Rammstein

metro

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Brooklyn Decker isn't just a pretty face — the former Sports Illustrated swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in Battleship

Action-acting 101. Model-turned-actress had to prove her mettle in front of director Peter Berg

NED EHRBAR
Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy Just Go With It, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film Battleship — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like Hancock and Friday Night Lights — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"Battleship has a lot of different elements, and Brooklyn is a huge a plot of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge part of the film, the global reaction's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."

Action-packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free What to Expect When You're Expecting due out this Friday.) "You know, I just want to play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

2 SCENE

Scene in brief

Premiere

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie Snow White and the Huntsman Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — just a little tired. In Snow White and the Huntsman he plays a less paternal role, as the huntsman who is sent to kill the fairy tale princess (Stewart) by the wicked queen (Theron).
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On the web

Fox moves Glee to Thursday, turns Tuesday into comedy night

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Chronicle

Director. Josh Trank

Stars. Dane DeHaan, Alex Russell, Michael B. Jordan

A spooky lo-fi sci-fi tale of power corrupting, in which director Josh Trank and screenwriter Max Landis display enough raw talent to suggest better things to come. Introverted Seattle teenager Andrew (Dane DeHaan) has a plan for dealing with bullying at home and school, plus the mental stress of his mother's terminal illness: he'll document it all with the absurdly large camera he's just bought. The filmmakers don't need the Blair Witch-style found-footage conceit. It's become both a crutch and an annoyance. Chronicle would still captivate without it, especially when you have a cast as strong as this one.

PETER HOWELL

Rampart

Director. Oren Moverman

Stars. Woody Harrelson, Ben Foster, Sigourney Weaver

LAPD Rampart division cop Dave Brown (a brilliant Woody Harrelson) has such a large chip on his shoulder, it's a wonder he can stand. From behind his aviator shades and constant smirk, Brown views the world the same way Rampart director Oren Moverman sees the urban landscape: bleached of colour and definition. Accused of being racist, Brown angrily replies: "I am not a racist . . . I hate all people." Brown is a chauvinist, but he lives in the same home as his two ex-wives, two sisters whom he's fathered children with. He's a tragic figure, almost Shakespearean in his inability to see the morass he's fallen into, which gets deeper by the minute.

PETER HOWELL

Van Winkle keeps his remarks on 'ice' on Canada Sings

Season two premiere. Judges face tough decisions in amateur singing competition for charity

IAN GORMELY
scene@metronews.ca

Season two of Canada Sings, where teams of everyday Canadians compete for a chance to win $25,000 for their favourite charities, premieres tonight. Judges Vanilla Ice (aka Rob Van Winkle) and new addition and former Lady Gaga choreographer Laurieann Gibson recently sat down with Metro to chat about the new season.

What made you want to return for a second season?

Van Winkle: I came back because season one was magical.

But the charity is a big part of why I'm here in the first place. I was pumped that they called me for season two.

What drew you in, Laurieann?

Gibson: When you do this in real life, like I creative-direct, you do one reality show and you become really cautious about that line, that reality line.

But when I found out what the show was about, I was like, "Wow, how incredible."

This being an amateur competition for charity, do you find it difficult to make judging decisions?

Van Winkle: It makes our job hard. I'd much rather be on a Simon Cowell show where it's like, "Well, that sucked." On season one, I didn't get it. For the first couple of shows, you have to get in there, marinate and figure it out.

Gibson: [The competitors] want to know that they did the best that they could do, and that an expert was like, "Oh my goodness, that felt like a Grammy performance." It's so empowering.

So as judges, you do have to pull your punches a bit.

Van Winkle: We hold back, but deliberations, which they filmed this year, nobody else is supposed to hear that. We hope they didn't throw us under the bus too bad. We know they're not professionals. We could critique the heck out of them and point out the flaws. But we're here to see the journey these people went on to come out of the work environment to put on a great show for a good cause.

Does watching them remind you of your first time performing on television?

Gibson: We came out the womb performing!

Van Winkle: I couldn't even afford a video. I had to borrow money to make the Ice, Ice Baby video.

My song was already number one before anyone even knew I was white.

When I saw myself on TV, I was like, "Wow." I was only 16. I can't really remember. Everything took on a life of its own.

HELL ON WHEELS
CROSSWORD
ACROSS
1 "Doc" Durant's real first name
3 Eddie ___ plays Joseph Black Moon in Hell on Wheels
7 Mount who plays Cullen Bohannon
8 Emancipate: 2 wds.
9 True ___ was a recent hit film that also featured a Confederate soldier
11 Common plays ___ Ferguson
14 A soldier is a man in ___
16 One of the McGinnes brothers (as he's commonly known)
17 Joe and Tony ___ created Hell on Wheels
18 Durant is played by Colm ___
DOWN
1 The American Civil War is also known as "___ ___ Between the States"
2 In opposition
4 Hell on Wheels is shot in this Canadian province
5 Map out, as Lily Bell's ex-husband did
6 Esler who plays 16 Across, and namesakes
10 The series is set around the building of the first transcontinental ___
11 Put in chains
12 Catching a show on TV, ___ in
13 "The Swede" is actually from this country
15 Bohannon's late wife
SEASON 1 NOW AVAILABLE AT
FUTURE SHOP
exciting stuff
Solution: Across – 1. THOMAS, 3. SPEARS, 7. ANSON, 8. SET FREE, 9. GRIT, 11. ELAM, 14. UNIFORM, 16. SEANO, 17. GAYTON and 18. MCNEELY; Down – 1. THE WAR, 2. AGAINST, 4. ALBERTA, 5. SURVEY, 6. BENS, 10. RAILWAY, 11. ENSLAVE, 12. TUNING, 13. NORWAY and 15. MARY.
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Adele

Rumour has it: Adele prefers to keep a low profile

She may have a best-selling album that has earned her eight Grammy awards, but there's one part of success that Adele wishes she could avoid all together. "I don't want to be a celebrity. I don't want to be in people's faces," she tells Matt Lauer during an interview for the Today show. "I've managed to stay out of the public eye. The other day I walked through Trafalgar Square on a Sunday afternoon, a tourist haven. I was a bit worried — I was in my pajamas as well because I had been working the day before — (but) nobody recognized me."

Quoted

"I don't want to be a celebrity. I don't want to be in people's faces."

Adele

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is insanely beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.

Jessica Simpson

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The Word

Hit me baby: Britney joins X Factor

THE WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.

Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter. "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.

Drew Barrymore ALL PHOTOS GETTY IMAGES

June wedding likely for Drew Barrymore and her beau

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, according to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.

John Travolta

Travolta debacle continues as one accuser opts for private trial

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "(Lawyers for both sides) are working on the ground rules for the evidence and procedure about about how the mediation will proceed," a source says.

Twitter

@ElizabethBanks
It's fine to have a nutter butter for breakfast if it's from bouchon bakery, right?

@SimonCowell
As the moon is so close to the earth I think it's making a few people go nuts. Good news is it's not close for long - my thought for the day

@lindsaylohan
sorry! doing a bunch of things on the internet at once!!! xo

@ConanOBrien
I'm just like the Hulk, except when I'm mad, I get dry mouth.

Walking

Get your daily dose of vitamin W

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the Swap & Drop Diet, and in addition to its ideas about how simple food swaps can really add up over time to weight loss (it also includes a section on how to make healthy choices at fast-food and restaurant chains, a weekly meal planner and a ton of healthy recipes), we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our Swap & Drop Diet. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease. The easiest way to reach that 10,000 number and beyond is to wear a pedometer, at least until you get some perspective on what it takes to reach this goal (pedometers can be found at sporting goods stores, fitness stores and some drug stores; they range from inexpensive to pricey). Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

If you have any health concerns, be sure to speak with your doctor first to ensure it's safe for you. The Swap & Drop Diet book not only has a step-by-step, easy 12-week plan you can follow, it is full of ideas for how to add more steps, too.

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The 'OMG Diet': fact vs. fiction

Mythbusting a new diet. In his bestselling e-book, Six Weeks to OMG, sports scientist Venice Fulton promises to get you 'skinnier than all your friends.' We asked a doctor if the program is healthy enough to trust

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, Six Weeks to OMG promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.

Skip breakfast

Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton. "If you sit at your desk and not moving, this fat won't be used and will just float around until it is eventually deposited in the arteries."

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite. As a diuretic, coffee will also cause you to lose water weight.

Focus on satiety

We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half of your plate, vegetables the other half. Just don't restrict yourself. "The minute you restrict something from you diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "We all vary in our genetic needs but it's best to allow your body to wake up naturally. Deep sleep allows the thyroid to reset itself properly and get back into full speed once you wake. When your thyroid is high, your metabolism is on turbo boost."

What the doctor says: Yes! Sleep also helps keep stress hormones down: they are released from the adrenal glands.

Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to protect the core organs," says Fulton. Essentially, the body will use stored body fat as fuel to keep you warm.

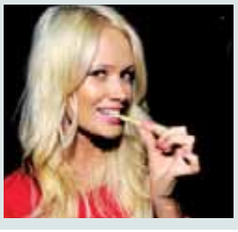
What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.

Fulton's Top 3 diet tips

1. **No more cheat days: You can't be strict on yourself at all times, but cheat meals/days mean you risk becoming obsessed with that one moment you 'give' yourself a treat, and you may overdo it.**

2. **Hunt and wait. Move around for 15 minutes before eating a meal. This will prime the body to receive the food.**

3. **Control cellulite: Our skin is made up collagen and elastin, both of which are damaged by high levels of insulin (sugar levels). Improve skin quality by eating carbohydrates in moderation and this will control cellulite.**



Superfood

Berries fuel brain and body, new study reveals

A recent study shows that berries help keep your brain sharp. Researchers at Brigham and Women's Hospital in Boston found that older women whose diet included a high intake of flavanoid-rich berries (such as strawberries and blueberries) could delay memory decline by 2.5 years.

METRO WORLD NEWS

3 LIFE

New website

Scoliosis Resource Centre

The Hospital for Sick Children – with the help of nurses, physicians, parents and teens – has developed the Scoliosis Resource Centre, a website for people diagnosed with scoliosis, a curvature of the spine that can lead to pain, cosmetic concerns and further health complications.

"The Scoliosis Resource Centre was based on extensive interviews with teens and families to determine exactly what information they needed to make important decisions about scoliosis surgery," said Dr. James Wright, surgeon-in-chief at SickKids.

The site provides accurate and Canadian-based information about: what to expect before, during and after scoliosis spinal fusion surgery, coping with emotions, personal video stories, before-and-after back photos, step-by-step description of the surgery and an animation of the surgical procedure.

The information for the site was compiled through the help of physicians, nurses, parents and teens. To learn more about scoliosis surgery, visit www.aboutkidshealth.ca/scoliosis.

METRO

On the web

Blue Jays starter Brandon Morrow and country singer George Canyon urge diabetic kids to chase dreams

Funnyman McKenna on a mission to show Lupus is no laughing matter

Speaking out. Veteran comic actor gets serious about raising awareness of disease affecting thousands of Canadians

CELIA MILNE
life@metronews.ca

Patrick McKenna, one of the funniest guys on Canadian television (perhaps best known for playing the ultra-nerdy, buck-toothed Harold Green in the long-running Red Green Show), is helping raise awareness for a decidedly unfunny topic — lupus.

Lupus has been a shadow in McKenna's life because his mother, who is now 75, has had the disease for about four decades. The family didn't know what it was for many years; her symptoms were baffling. "She just generally felt like she wasn't herself," says McKenna. "We only knew that she couldn't go out in the sun and didn't like standing in lineups."

Lupus is a serious disease, but tricky to diagnose. It has been dubbed "the disease of a thousand faces" because symptoms differ so widely from person to person. Until recently, the disease was very isolating. "People suffered in silence. There was not a lot of vocabulary around it," McKenna says.

McKenna and fellow comedians Colin Mochrie and Debra McGrath are helping Lupus Canada raise the profile of the disease. "If there is awareness, then there is discussion and if there is discussion, there are answers," he says.

Lupus is an autoimmune disease, meaning that the body's immune system, which is designed to fight foreign invaders, turn inwards and attacks the body's own cells. The resulting inflammation can occur in many different places — the skin, muscles, joints, blood vessels, lungs, heart, kidneys or brain.

While there's nothing comical about any of this, McKenna hopes that people with lupus find comfort from each other as they connect and tell their stories. "Tragedy plus time equals comedy," he says. "Right now, we're still in the tragedy part. The funny will come."

There are walks to raise awareness of lupus all over Canada. Go to walkforlupus.ca for more information.

Lupus at a glance

- Lupus often mimics many other illnesses.
- Lupus affects nine times more women than men.
- The cause of lupus is unknown.
- Symptoms include: joint pain and swelling; fatigue; unusual reaction to sunlight; rash; sores in the mouth; chest pain; swollen feet and weight gain.

Comedian Patrick McKenna STEVE RUSSELL/TORSTAR NEWS SERVICE

Thoughts on...

Being in a rut is an opportunity for change

No matter how motivated, driven or aligned we are, every one of us goes through a period in our lives when we are stuck in a rut.

It can happen without warning to the most optimistic of people.

A rut is simply an opportunity for change, and opportunity is a side-effect of change.

In every situation of change, there are opportunities to see, evaluate and act upon them.

Through such cycles, we learn to be patient and wait, thus preparing for the time when there will be movement again.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Advice

When nature calls, don't answer

CHARLES THE BUTLER
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For more, visit charlesmacpherson.com

Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse yourself from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but also to understand the reason it exists. So here are the five reasons why one does not leave the dinner table.

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return, thus everyone's food is getting cold and this disrupts the flow of the meal.

ISTOCK

3. Although most people wash their hands in the restroom, the thought of a toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

Soho Road street bites get a dash of Bollywood flavour

Mixed Veg Sabji with chicken. ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

You'll notice 12 new food carts popping up around Vancouver this month — and to say the scene has diversified (and improved) is an understatement. We've got El Salvadorian (Guanaco Truck), Thai (Rimfoodbaht) and exciting Indian options from Soho Road.

Sarb Mund, owner of the Soho Road brand, is soon launching two concepts: Soho Road Tiffin Truck, from which he'll serve meat and veggie dishes in reusable, steel tiffin boxes, and Chawalla — a breakfast cart serving Indian teas and parathas from 7 a.m.

For now, head to the downtown law courts and listen for Bollywood music — here you'll find Mund assembling kebabs as quickly as he can.

The most authentic item, he tells me, is the Vegetable Sabji.

Deliciously fragrant stewed vegetables and tender chicken peeked out from the charred naan, which is cooked in the cart's own tandoor. Sprinkled with fresh cucumber salad, every inch of my mouth tingled with intense flavour.

Of all the street food out there, this is one of the must-tries.

Visiting the restaurant

Soho Road Naan Kebab

Address. 800 Smithe (Smithe and Howe)

Rating. 4/5

Price range. $

Licensed. No

Business Lunch. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Peanut Butter & Honey Power Sticks. Great for breakfast on the run

Looking for a quick breakfast? Here is a no-bake option you can keep to bring with you when you are on the run.

1. In a large bowl, knead together corn flakes, peanut butter, skim milk powder and honey until well combined. Form into 6 sticks and wrap individually in wax or parchment paper. Store in an airtight container. **THE CANADIAN PRESS/ WEIGHT WATCHERS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 125 ml (1/2 cup) chunky peanut butter
- 150 ml (2/3 cup) corn flakes
- 75 ml (1/3 cup) instant skim milk powder
- 45 ml (3 tbsp) liquid honey

Farro & Mushroom Stuffed Acorn Squash: Savoury combo

This recipe serves four. THE CANADIAN PRESS

Ingredients

- 1 large acorn squash
- 125 ml (1/2 cup) farro
- 250 g (8 oz) mixed mushrooms, chopped
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 2 cloves garlic, minced
- 2 shallots, chopped
- 500 ml (2 cups) baby spinach
- 2 ml (1/2 tsp) grated orange rind
- 15 ml (1 tbsp) fresh thyme
- 5 ml (1 tsp) fresh oregano
- 30 ml (2 tbsp) crumbled feta
- 4 lemon wedges

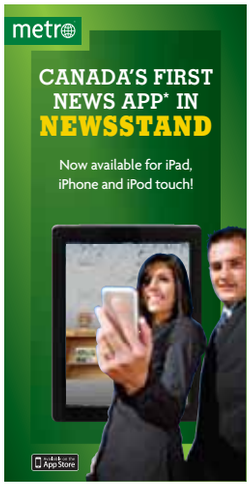
1. Cut acorn squash into quarters. Scoop out and discard seeds. Trim off slice of skin from the curved side of each quarter to allow it to sit flat.

2. Spray a 23-cm-by-23-cm (9-by-9-inch) baking dish with cooking spray and arrange squash in pan, skin side down. Bake in preheated 190 C (375 F) oven for 30 to 40 minutes or until just softened.

3. In large pot of boiling salted water, cook farro for about 15 minutes or until tender but still al dente. Drain and set aside.

4. Heat a large non-stick skillet over medium-high heat. Add mushrooms, salt and pepper and cook for 10 minutes or until well browned. Add garlic, shallots, spinach, orange rind, thyme and oregano and cook for 3 minutes. Stir in drained farro.

5. When squash is ready, spoon stuffing into centre of each quarter. Sprinkle feta cheese over stuffing and bake for another 20 minutes or until squash is tender when pierced with the tip of a knife. Serve each squash quarter with a wedge of lemon. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS**



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'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

House hunting

Home-buying pressure won't always result in diamonds

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter @Lesleyscorgie

These days I find myself glued to my inbox waiting with great anticipation for the dingle of my next property-match email. Will it be 'the one?'

I sold my house and officially have 45 days to be out. Given the short timeframe, I feel a lot of pressure to buy. I've visited over 25 listings and still haven't found the right place. But I'm not going to cave and settle for a so-so property.

I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search. Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea. A miscalculated choice can result in too much debt, unhappiness, a mediocre location or poor resale ability.

There are three home-buying criteria that can have a particularly large financial impact.

Location. Location is cited as the most important criteria for determining a home's value. Consider the proximity to downtown, commute times, access to transit, schools, grocery stores and bicycle paths. At a street-specific level, avoid high traffic, noisy roads or places that have awkward accessibility. Pick a desirable neighbourhood where homes sell at consistent fair prices and in reasonable timeframes.

House Price. Be realistic. Does your desired square footage, in a hot location, translate into a $2-million home when you can only afford $500,000? Overextending your borrowing will result in home poverty; not being able to afford anything but the mortgage payment. Compare prices in your desired location to ensure you don't overpay and put your equity at risk.

Condition. A proper home

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A look at the pitfalls of financial infidelity

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters

YOUR MONEY
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One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no- good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was infidelity, it wasn't always about another woman, but rather money. "You took my money and you run, run, run/I'm gonna hunt ya down and you'll be done, done done."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book Innocent Spouse, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed $3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks of financial infidelity, here are a few basic rules to follow:

1. Each person should have some 'fun money' completely separate from the household accounts.
2. Even after making a stupid purchase, reveal the true price to your partner.
3. If conflict over money is longstanding in your relationship, consider marital counselling to get to the heart of the problem.
4. If you are feeling victimized financially, ask yourself if you are actually enabling the other person.
5. If you are hiding money because you don't trust your partner's financial management skills, try credit counselling through a reputable organization such as Credit Canada Debt Solutions (creditcanada.com.)

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- **28%.** Check with their spouse on every single purchase
- **6%.** Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

inspection can determine if the property is in rough shape. An inspector will look for cracks, mould, dampness, plumbing issues and other costly items that compromise the structural integrity of the property.

Major issues tend to result in unforeseen expenses and can decrease the value of the home, so steer clear. If the aesthetic condition isn't to your liking, determine whether there's room to add value (for limited cost) by renovating the bathroom, kitchen, painting, updating fixtures or replacing flooring.

A house purchase is a huge personal and financial commitment. Don't settle for second-best. Stick to your criteria and find something that's just right for you.

Don't settle for a house you only have lukewarm feelings about. ISTOCK IMAGES

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Go ahead, boast about yourself. ISTOCK

Tweeting is equal to sex, says study

Social media. Research shows that people who talk about themselves have similar brain reactions to those who engaged in eating or sex

MICHELLE CASTILLO
Metro World News

Earlier this month Kanye West's fans learned which clothing styles he hated — whether they cared or not. With each 140-characters-or-less statement, the award-winning rapper and questionable fashionista shared his opinions on the outfits he saw around New York.

"I hate button-up shirts with hoodies," West tweeted. "I hate hoodies with sports coats," he added. "I hate sports coats with button-up shirts, jeans and dress shoes," he stated.

This isn't the first time West has let people know exactly what he was thinking, including the day when he provided, in excruciating detail, his decision to buy a bike. West's and other celebrities' propensity to share intimate details of their personal lives online might be rooted in science.

A new study in the Proceedings of the National Academy of Sciences (PNAS) shows that people who talk about themselves had similar brain reactions to those who engaged in eating or sex. People were even willing to give up money in order to keep talking about themselves.

In other words: Boasting about our everyday lives gives us as much pleasure as doing "primary awards" or basic needs activities.

We all need feedback

"The thousands and thousands of responses, the degree of intensity to that person, it must be very confirming of their importance. It pushes people to want to get that kind of feedback and notoriety," Dr. Phil Muskin, chief of consultation-liaison psychiatry at Columbia Psychiatry in New York, told Metro World News.

Dr. David Rubin, a psychiatrist at NY-Presbyterian/Weill Cornell & Columbia believes it's not just a new-media problem that makes it seem that celebrities — and many of us — share too much of themselves online. Even in our day-to-day lives we are aware of people who overshare information about themselves. Twitter, Facebook and blogs are simply a new medium to do it in — and it's much easier since you don't have to do it face-to-face. According to the PNAS study, four out of five postings on social media sites are about a person's immediate experiences.

Freedom from restraint

"It gives people freedom from the restraints of social etiquette, professionalism and the freedom from reactions, letting them divulge more, Rubin said.

"(Fans) can play the role of the friend… People are gathered together to read the mundane aspects of one of their 'friend's' lives. It takes it up a notch and creates some pseudo-connection," Rubin explained.

It also helps that by simply tweeting a statement, there's no immediate negative feedback. That doesn't mean one doesn't eventually have to face consequences. But, because there's no instantaneous chastisement for posting something that isn't politically correct, so the poster feels like anything they feel like saying they should say, Muskin commented.

So, celebrities who tweet about themselves — and your friends who unnecessarily detail every moment of their lives on Facebook — don't necessarily have big egos: They may just enjoy the simple pleasures of life much more than most of us.

metro
LEARNING CURVE
Tuesday, May 15, 2012

ISTOCKPHOTO/THINKSTOCK

UBC revamps its MBA program

DANIEL HENDRIKSEN
For Metro

The University of British Columbia's (UBC) Sauder School of Business has decided to revamp it MBA program. The change is aimed at better preparing students for the increasingly complex, global marketplace.

Starting this fall, the program will focus on hands-on learning, global immersion and integration of business disciplines for a "360-degree" management perspective.

As part of the new curriculum, students will spend time with one of Sauder's partner establishments — the Indian Institute of Management Bangalore, Copenhagen School of Business or Shanghai Jiao Tong University. While there, they will work with other MBA students on projects for multinational organizations.

"We are transforming the way we conceptualize MBA education," Sauder dean Daniel Muzyka said in media release. "By embracing an integrated approach that responds to the reality of international business and focusing on using knowledge in real-world contexts, we're equipping students to find success in the hyper-competitive international job market."

With their time spent at UBC, the students will work together in all business disciplines to complete projects for organizations in Vancouver that contain applied problem solving and real-world connections.

For more information, check out sauder.ubc.ca.

Kwantlen receives $500,000 donation

Kwantlen Polytechnic University's Richmond campus recently received the largest individual donation in its history. The post-secondary institution was given a $500,000 endowment from George and Sylvia Melville.

Kwantlen will use the funds to create the Melville Centre for Dialogue at its Richmond location. The centre is to be a 422 m2 meeting space that can host groups of up to 250 people, and will include some of the best technology and support services available. It will be used for conferences, workshops, seminars, professional and community development, continuing education, and university events.

"This commitment comes at an important time for Kwantlen," school president Dr. John McKendry said in a media release. "We are currently investing in a significant renovation of our Richmond campus, and we know that this gift will act as a catalyst for further support."

George Melville is co-owner of the popular restaurant chain Boston Pizza. He is also the co-chair of the Boston Pizza Foundation, which has raised more than $12 million for various charities.

"I am passionate about education and community responsibility, so supporting Kwantlen was a perfect fit for me," said Melville. "I am delighted that students and the community will be able to enjoy this new centre."

Simon Fraser academics named women of distinction

An executive director, a faculty member and a student from Simon Fraser University (SFU) have been named 2012 YWCA Women of Distinction nominees. Joanne Curry, Janet Moore and Hope Wang are among 71 nominees in 11 categories who are in the running for the prestigious awards.

Curry, the founding director of SFU's Surrey campus, has been recognized for her leadership and dedication in making her school one of the top community-engaged universities in Canada. Curry co-founded SFU Venture Connection, a program that helps student entrepreneurs turn their initial ideas into solid business plans.

Moore is an assistant professor at SFU Vancouver's Wosk Centre for Dialogue. She managed the B.C. Working Group on Sustainability Education from 2006-10, and is co-founder of CityStudio — a centre that allows post-secondary institutions and the city of Vancouver to collaborate on environmental and urban sustainability initiatives.

Wang, a communications student, is one of just six nominees in the Young Women of Distinction category. She is a member of the Vancouver Board of Trade's Leader of Tomorrow program and has her sights set on improving conditions on Vancouver's downtown eastside.

The Women of Distinction awards will be announced May 24.

DANIEL HENDRIKSEN

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NEW EVENING SCHEDULE STARTS

Langara College honours its athletes

Banquet. School hands out hardware at 42nd annual event

DANIEL HENDRIKSEN
For Metro

Langara College recently held its 42nd annual Athletics Awards Banquet to recognize the school's top student athletes.

Among the award winners were students who took part in badminton, soccer, and basketball during the 2011-12 sports season. Some of the prominent awards handed out at the gala included:

Freshman female athlete of the year — Danae Harding, women's soccer.

Freshman male athlete of the year — Ranjodh Hare, men's basketball.

All-round women's athlete of the year — Alisa Young, badminton.

All-round men's athlete of the year — Luke Couture, badminton.

Outstanding female athlete of the year — Lana Rockhill, women's soccer.

Outstanding male athlete of the year — Gurjote Jhaj, men's basketball.

Sean Murphy Memorial Soccer Award — Mynor Campos Jr., men's soccer.

Langara also recognized two students who had been with their respective teams for a number of years. Women's basketball player Carling Muir, and Loren Lidin, goalkeeper for the women's soccer team, each took home senior achievement awards.

The season was a banner year for Langara. Some of the highlights include Rockhill and Jhaj being named as CCAA (Canadian Collegiate Athletic Association) all-Canadians in their respective sports, and badminton coach Marc Petreman being named as a CCAA coach of the year.

Douglas to adapt China changes

Douglas College will be adopting recommendations made through an independent external review of its two existing partnerships with institutions in China. The process was carried out by business-practices consultant Deloitte, and follows an internal report complete by Douglas College faculty in 2010.

The two studies focused on examination and grading practices at Douglas' partner institutions in Shanghai and Harbin, China.

"After the 2010 internal review, administration and faculty worked together to improve the partnership programs with the Heilongjiang Institute of Science and Technology (HIST) and the Shanghai Institute of Foreign Trade (SIFT)," Douglas board chair Paul Wates said in a media statement.

"The board is pleased to see that the changes made in 2010 and 2011 are now in place and operational."

Some of the changes to the HIST program made after the 2010 review included raising admission standards, reducing class sizes by half, and including English-language instruction in the second year of studies.

Last year, the policies for governing supplemental and challenge exams were altered, moving the responsibility of creating and grading back to Douglas.

In addition to the previous modifications, the report completed by Deloitte offers a series of recommendations to align the business processes of the partnerships with best practices.

DANIEL HENDRIKSEN

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BCIT students celebrate design

Several students and faculty from the British Columbia Institute of Technology's (BCIT) interior design program recently returned from a trip to sunny California.

The students and staff ventured to Palm Springs to participate in Modernism Week, an annual celebration of mid-century modern design. While there, the BCIT representatives experienced what is known as Desert Modernism, a movement that materialized in California in the 1950s.

The students were fortunate enough to tour through Park Imperial South Homes, a 30-home development designed by architect Barry Berkus in 1961. They also explored numerous other Palm Springs neighbourhoods that date back to the 1940s.

Another highlight of the trip was the Modernism Show, which featured exhibits of mid-century modern furniture, artwork, textiles, glass and pottery.

Team of BCIT students captures APICS award

A team of three British Columbia of Technology (BCIT) students was recently presented with the Association for Operations Management (APICS) Fraser Valley Continuous Improvement Award.

The annual APICS Fraser Valley Continuous Improvement Award for Excellence came about in 2011 thanks to a partnership between BCIT's Business Operations Management (BOM) program and APICS Fraser Valley. Teams of BOM students participating in their fall projects compete for this honour, and the trio of Alex Osiov, Chris Craxton, and Prativa Thapa took home the top prize.

As part of their project, Osiov, Craxton and Thapa worked at ASCO Aerospace in Delta where they reviewed the company's subcontractor procurement process in an effort to make the process more efficient and less labour consuming.

For more information about the Business Operations Management program at BCIT, visit bcit.ca.

DANIEL HENDRIKSEN

Michael J. Fox. MICHAEL LOCCISANO/GETTY IMAGES

JIBC. Honorary doctor of laws degrees handed out

Two outstanding Canadians have been given honorary doctor of laws degrees by the Justice Institute of British Columbia (JIBC).

Actor Michael J. Fox and retired Maj.-Gen. Val Pattee are being recognized by JIBC for their contributions to the health and safety of British Columbians.

The honorary degrees for Fox and Pattee will be confirmed at JIBC's May 31 convocation at the school's New Westminster campus.

"Michael J. Fox and Val Pattee have been exemplary leaders in their respective fields and the broader community," Mary Manning, chair of the JIBC board of governors, said in a press release. "It is our privilege to confer honorary degrees on these two outstanding individuals, whose legacy of leadership will serve as inspiration to the future leaders being educated at JIBC."

Fox, an actor and producer, was diagnosed with Parkinson's disease in 1991. He has since founded the Michael J. Fox Foundation to raise money and awareness for the illness. Fox was inducted as an Officer of the Order of Canada on May 27, 2011.

Pattee is a retired chief of intelligence and security for NATO in Europe and for Canada. He has served as both deputy minister of police services, and executive director of B.C. Ambulance Service.

DANIEL HENDRIKSEN

Language. Take free ESL courses at Cap U

DANIEL HENDRIKSEN
For Metro

Canadian citizens looking to learn English as a second language (ESL) can now do so for free at Capilano University. Cap U has joined 16 other post-secondary institutions in B.C. in offering free ESL courses.

The courses will be provided in three levels — basic, intermediate and advanced. In a press release, B.C. Minister of Advanced Education Naomi Yamamoto explained the reasoning behind offering the tuition-free courses.

"We want to make sure all British Columbians have the adult education opportunities they need to find jobs, raise families, participate in their communities and fulfil their dreams," said Yamamoto.

The free ESL courses can also be accessed in smaller communities throughout the province through WelcomeBC's English Language Services for Adults (ELSA) program.

Financial assistance will continue to be provided to ESL students with a demonstrated financial need under the Adult Basic Education Student Assistance Program (ABESAP). The program is designed to help those in need with associated fees, books, transportation, child care and other costs.

For information on ESL services in B.C., see aved.gov.bc.ca/esl/welcome.

Computing experts visit SFU Vancouver campus

Some of the top computing experts were at Simon Fraser University's (SFU) Vancouver campus from May 1-3 to take part in the 2012 BCNET & HPCS Conference.

The event is Canada's premier technology event for research and higher education, and included more than 500 of the country's high-performance computing experts.

The conference was designed for IT professionals to learn about the newest advances in information technology. Representatives from post-secondary institutions across Canada were on hand to participate in real-life case studies involving innovative IT solutions for campuses. The focus was upon cloud, desktop collaboration tools, high-performance computing, and advanced digital infrastructure.

This year's event highlighted higher education teaching, learning and research by promoting innovative ways to use information technology and HPC resources.

The keynote speakers at the conference were: Leonard Brody, a highly respected entrepreneur, venture capitalist, author and a two-time Emmy nominated media visionary; Mike Wesch, a cultural anthropologist who explores the effects of new media on society and culture; and John Towns, NCSA director of the distributed cyberinfrastructure program office.

Aboriginal students take part in Kwantlen open house

Aboriginal students from around the Lower Mainland participated in an open house at Kwantlen Polytechnic University's Surrey campus on April 27. More than 200 grade 8-12 First Nations students from Richmond, Surrey, Langley and Ridge Meadows took part in the event entitled, Your Path.

NICK WHITE/PHOTODISC/THINKSTOCK

The open house featured campus tours, mini lectures and an information fair. Kwantlen First Nation elders Cheryl Gabriel and Lekeyten Antone opened the event with prayer and song, while B.C. Lions safety J.R. Larose gave the closing speech. Larose spoke about the hardships he went through as an Aboriginal youth, and how he was able to overcome adversity to become a professional athlete.

According to Joshua Mitchell, director of student engagement at Kwantlen, the event was a great success.

"The goal for the day was for students to develop an understanding of the accessibility and range of post-secondary options available in our region, to meet Kwantlen students, faculty and staff, to experience a university campus setting, and to consider how they might begin to establish a plan for their own transition to post-secondary studies," Mitchell said in a media release.

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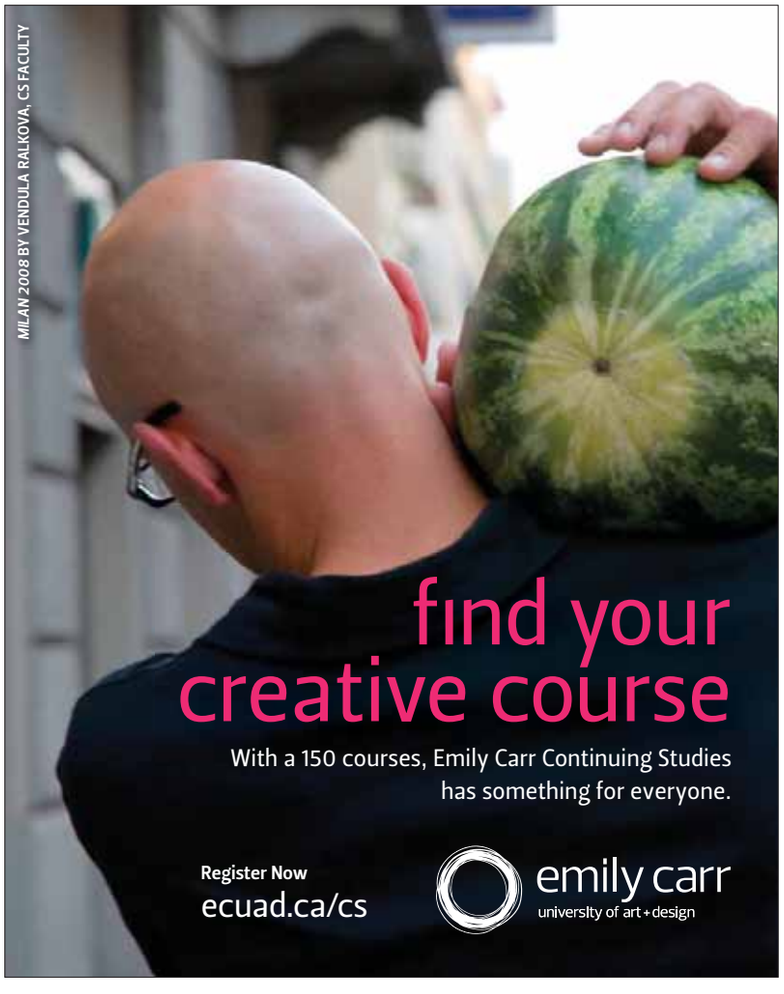
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JIBC staff members design emergency glossary app

DANIEL HENDRIKSEN
For Metro

WAVEBREAK MEDIA/THINKSTOCK

There seems to be an app for everything — or at least that's the popular phrase. Well, now the Justice Institute of British Columbia (JIBC) has released its very own application for smartphones and tablets.

JIBC's emergency management division has come out with a free incident command system (ICS) and incident management system (IMS) iPhone app that includes a glossary with more than 125 terms frequently used in the emergency management field.

The app was designed by JIBC staff members Jerome Rodriguez, program manager, emergency management and incident command system, and Darren Blackburn, program manager, emergency management and exercise design.

The app can be downloaded at the Apple iTunes store, and is compatible with iPhones. An iPad version of the app is currently in development.

BCIT students capture medals at skills competition

The 18th annual B.C. Skills Competition, which took place at Tradex in Abbotsford last month, was a successful event for students representing the British Columbia of Technology (BCIT).

Hundreds of high school and post-secondary contestants from across the province took part in the competition, and 14 BCIT students emerged from the competition with medals. Cabinetmaking, plumbing, precision machining, and welding were BCIT's strongest events, with students winning gold in each category.

BCIT's gold medallists were: Carson Warner (cabinetmaking); Stuart Mathers (CNC); John Limpo (precision machining); and Ryan Marsh (welding).

BCIT also had medallists in electrical wiring, industrial maintenance (millwright), industrial wiring, and IT — network systems administration. For a full list of medal winners, visitskillscanada.bc.ca.

Langara fine arts students display their work

The week of April 25-May 2 was a special one for 45 graduating fine arts students at Langara College. The grads had their work on display as part of the 41st annual Fine Arts Student Exhibition at the school's campus in Vancouver.

Hundreds of people made their way through a gallery space and media room over the week to get a look at approximately 150 art pieces including ceramics, paintings, digital design, sculpture, and prints.

Six of the 45 graduates were recognized with awards in their respective categories at a gala reception to kick off the week. The awards were as follows: Jenn Pearson (drawing); Linh Ty So (design); Alexis Hogan (sculpture); Nicole Dumas (printmaking); Shannon Leigh Bentlay (ceramics); and Stewart Hall (digital Design). Each winner also received a cash prize.

For more about the Langara fine arts diploma program, visit langara.bc.ca/fine-arts.

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Transportation trades Tuesday, May 15, 22 & 29, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, May 15, noon – room 518	Downtown
Music Wednesday, May 16, 3:45 p.m. – room 3228	Broadway
Addiction counselling & Community counselling skills Wednesday, May 16, 6:30 p.m. – room 420	Downtown
Jewellery art and design Tuesday, May 29, 1 p.m. – room 160	Downtown
Esthetics Tuesday, May 29, 4:30 p.m. – room 201	Downtown
Hair design Tuesday, May 29, 4:30 p.m. – room 201	Downtown
Dental technician Wednesday, June 6, 9:30 a.m. – room 332	Downtown
American Sign Language (ASL) and Deaf studies Wednesday, June 6, 6 p.m. – room 2555	Broadway
English as a second language (ESL) Wednesday, June 6, 10 a.m. – room 5025	Broadway
Hospitality management diploma Saturday, June 9, 11 a.m. – room 420	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

View all VCC Info sessions and tours

vcc.ca

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NBA

Thunder rout Lakers in Game 1

Russell Westbrook had 27 points and nine assists, Kevin Durant added 25 points and the Oklahoma City Thunder blasted the weary Los Angeles Lakers 119-90 on Monday night in the opening game of the Western Conference semifinals.

The Thunder took a 15-point halftime lead, then opened the third quarter with a 15-2 blitz filled with crowd-pleasing 3-pointers and dunks.

THE ASSOCIATED PRESS

NBA

"This season has to be extended for me to play again. So that's what's on my mind."

Miami Heat forward Chris Bosh. An MRI on Monday confirmed Bosh strained a lower abdominal muscle in Miami's Game 1 victory. The team said there's no firm timetable for Bosh's return.

NBA

Cavs' Irving takes top-rookie trophy

Cleveland Cavaliers point guard Kyrie Irving, as has been expected for months, will be presented with the rookie of the year award on Tuesday, capping a season that he started as the No. 1 overall pick and finished as the NBA's clear-cut top rookie. THE ASSOCIATED PRESS

Kyrie Irving GETTY IMAGES FILE

Henrik Lundqvist stops a shot by Devils forward Ilya Kovalchuk as Ryan McDonagh chases in the first period in New York on Monday night. JULIO CORTEZ/THE ASSOCIATED PRESS

Rested Devils felled by rolling Rangers

NHL. New York comes alive in third period after ousting Capitals on Saturday night

Rangers rookie Chris Kreider and defenceman Dan Girardi both had a goal and an assist in the third period, and Henrik Lundqvist stopped 21 shots for his fifth career playoff shutout, as weary New York opened the Eastern Conference finals with a 3-0 victory over the well-rested New Jersey Devils on Monday night.

Playing just two days after eliminating Washington in a stirring 2-1 Game 7 victory, the top-seeded Rangers hit their home ice again and won their third straight Game 1 of these playoffs. The Devils had been off for five days since they knocked out the Philadelphia Flyers in five games.

Shaking off suggestions they are tired, the Rangers slogged through two scoreless periods and pulled out a win with a dominating third period.

"I think it starts with work habits, how hard we want to work," Lundqvist said. "And then the skill takes over. We have been doing it all year."

Game 1

Rangers	Devils
3	0

By the numbers

7

New York won Round 1 and Round 2 in Game 7s against Ottawa and Washington. No team forced to play seven-game series in the first two rounds has gone on to win the Stanley Cup.

The Rangers are in the conference finals for the first time since 1997, and they haven't reached the Stanley Cup finals since 1994 when they beat 22-year-old goalie Martin Brodeur and the Devils in a classic seven-game series that backed up captain Mark Messier's Game 7 guarantee.

New Jersey is making its first conference finals appearance since 2003, the year they won the cup for the third time.

Girardi, who struggled at times with his defensive duties, got a perfect setup from Kreider and scored 53 seconds into the third period. Playing in just his 13th NHL game, all in these playoffs, Kreider sent a pass back from the right circle in the Devils zone to the point. Girardi took long strides as he charged up ice and stepped into a shot that ripped through a screen in front by teammate Derek Stepan. The shot beat Brodeur for Girardi's second goal of the playoffs.

Girardi also earned a secondary assist on Kreider's power-play goal with eight minutes remaining that made it 2-0.

Artem Anisimov, who also assisted on Kreider's goal, scored into an empty net to make it 3-0 with 1:27 left.

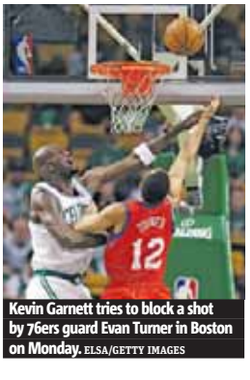
THE ASSOCIATED PRESS

NBA. 76ers' Turner turns Game 2 into win in Boston

Evan Turner made the go-ahead layup with 40.4 seconds left and Philadelphia held off Boston with six straight free throws as the 76ers evened their second-round series with an 82-81 victory Monday night.

Turner finished with 10 points and added two free throws with 12 seconds to go. Jrue Holiday scored 18 points and Andre Iguodala added 13, seven assists and six rebounds for the Sixers, who blew a 10-point fourth-quarter lead as the Celtics won Game 1.

THE ASSOCIATED PRESS



Kevin Garnett tries to block a shot by 76ers guard Evan Turner in Boston on Monday. ELSA/GETTY IMAGES

MLB

Alfonzo off hook for 100-game ban

Major League Baseball and the players' union agreed to drop the 100-game suspension imposed on Colorado Rockies catcher Eliezer Alfonzo for a positive drug test because of the same procedural issues that came up in the Ryan Braun case.

The commissioner's office said Monday that Alonzo's ban was dropped "by mutual agreement of Major League Baseball and the Major League Baseball Players Association."

Alfonzo missed 48 games in total. THE ASSOCIATED PRESS

MLB. Official fired after Braun PED decision

Major League Baseball management has fired Shyam Das, the arbitrator who overturned Ryan Braun's drug suspension in February.

MLB informed Das and the players' association of its decision last week.

Das decided in February to overturn the 50-game suspension of Braun for a positive drug test. Lawyers for the Milwaukee Brewers outfielder argued that the collection procedures specified in baseball's drug agreement for the urine sample were not followed with Braun's sample last Oct. 1 because it was not immediately left at a FedEx office.

THE ASSOCIATED PRESS

Quoted

"For 13 years, from the beginning to the end of his tenure, he served the parties with professionalism and distinction."

MLB union head Michael Weiner's reaction to Shyam Das' firing.

4 SPORTS

NFL

NFLPA challenges Saints ruling

The NFL players' union grievance against the league in the Saints bounties scandal will be heard Wednesday. The union claims commissioner Roger Goodell doesn't have the authority to hand out discipline for player conduct that occurred before the current collective bargaining agreement was finalized last August. The players argue that a CBA arbitrator, and not Goodell, has the right to decide player punishment under such circumstances, as well as rule on any appeals. THE ASSOCIATED PRESS

Mobile news

After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

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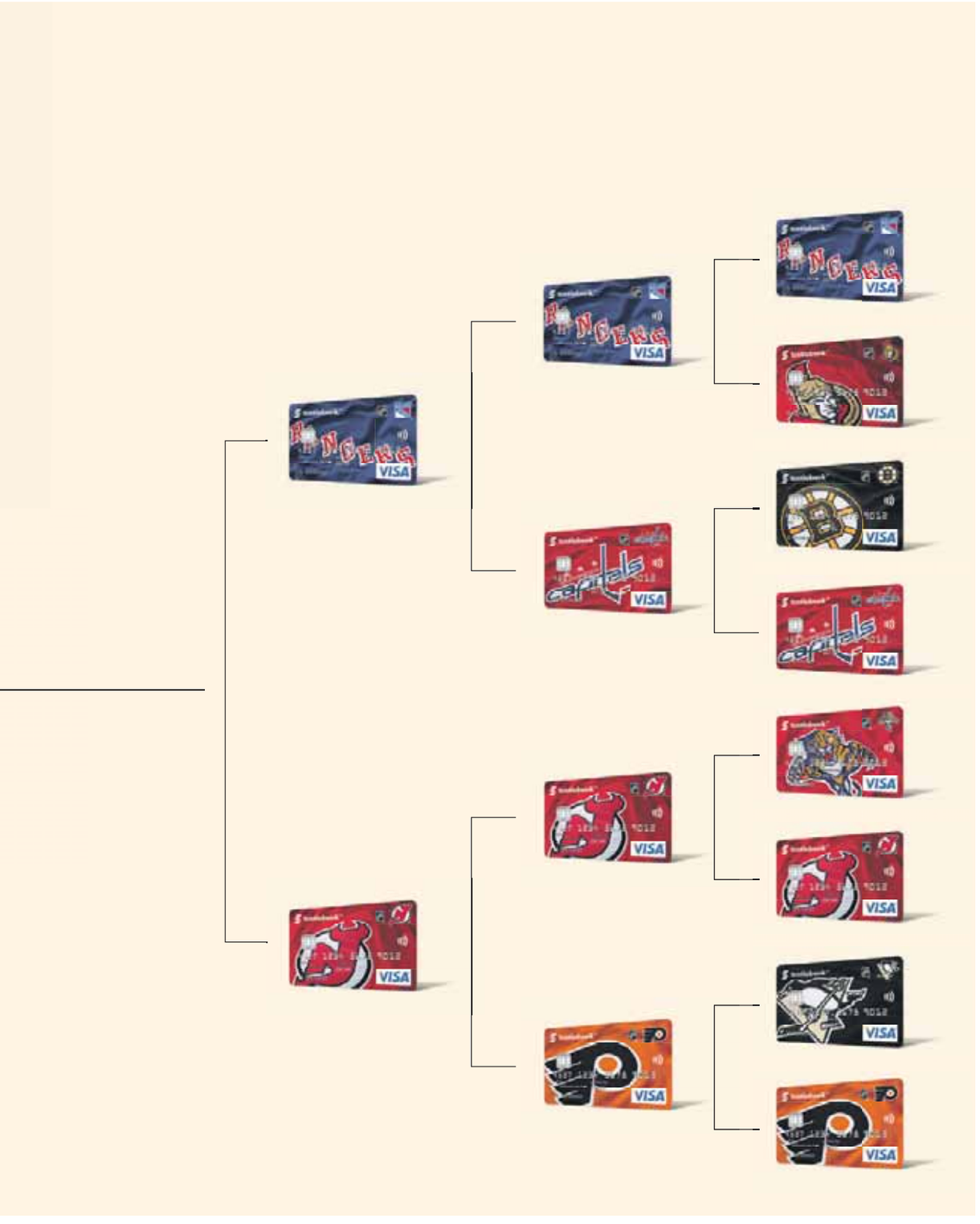

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Sanchez retires after 'bittersweet' season

CFL. Delta native and three-time East all-star played in just five games during 2011 Grey Cup title run

Davis Sanchez played football like few other Canadians.

In fact, he was the only Canadian to start at cornerback, a position dominated by imports, during his 11-season CFL career. Sanchez officially hung up his cleats Monday, retiring after he spent the last two campaigns with the B.C. Lions.

"I didn't see it any differently," said Sanchez, 37. "I was always the cornerback. Whether I was a Canadian or wherever I was from, it didn't make any difference, because that's all I've ever been."

Drafted by Montreal sixth overall in 1999, he played 155 career games with the Alouettes, Lions, Calgary Stampeders and Edmonton Eskimos. He recorded 28 interceptions and three fumbles, returning four of his takeaways for touchdowns.

Along the way, he earned three Grey Cups, with Edmonton in 2005, Montreal in 2009 and the Lions last year.

Sanchez hopes he has opened CFL talent-seekers' eyes to Canadians' abilities to play the so-called skilled positions usually reserved for Americans. But he acknowledged that teams will be slow to adopt change.

"There's not going to be all Canadian corners," he said. "That's just not going to happen."

The University of Oregon alumnus also played in the NFL with the San Diego Chargers in 2001 and again briefly in 2002, recording 19 tackles over 16 games.

"I'll miss the game and I'm going to miss my teammates," said Sanchez, whose 2011 season was cut short by an elbow injury that limited him to five games. "It's been such a big part of my life."

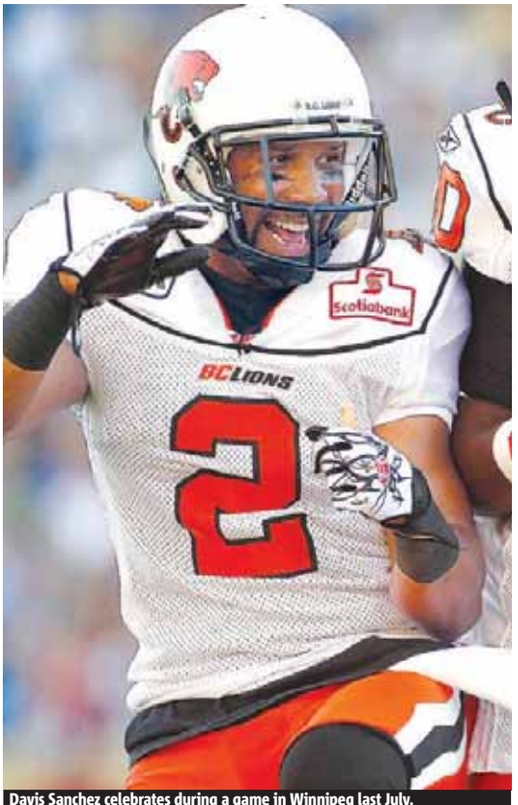
But Sanchez said it was still difficult to have to watch as the Lions completed their improbable march to a Grey Cup victory following a 0-5 start last season.

"It was kind of bittersweet," he said of the Grey Cup triumph.

As for the other championships, he will appreciate them more when he looks back on his career five or 10 years from now. He will now work full-time on a football academy that he operates across the Lower Mainland.

Lions general manager Wally Buono and coach Mike Benevides hope a permanent replacement for Sanchez will emerge at rookie camp, which begins later this month, or when main camp opens in early June.

THE CANADIAN PRESS



Davis Sanchez celebrates during a game in Winnipeg last July.
JOHN WOODS/THE CANADIAN PRESS FILE

Quoted

"I've always liked Davis and I've always liked the fact that he's been a good mentor to the young guys." **Lions general manager Wally Buono,** who praised Davis Sanchez for his leadership abilities from the bench during B.C.'s 2011 Grey Cup victory after a 0-5 start.

Quarterback move

Pivot lands job with B.C. out of free-agent camp

The Lions also announced the signing of quarterback Thomas DeMarco on Monday.

The 23-year-old threw for 5,732 yards and 51 touchdowns on 471 completions during three seasons at Old Dominion University in Norfolk, Va.

The Palm Desert, Calif., native helped his school post a 9-2 record in 2009.

DeMarco earned a contract after impressing at a free-agent camp in Atlanta this spring and a private workout a day later under bad weather conditions in Virginia.

"He has a very strong, strong arm," said GM Wally Buono during a season-preview conference call. "(He is) a very sharp kid, and you can just sense that he has that leadership about him. He just handled himself like a real pro."

THE CANADIAN PRESS

Cycling. 'Another sweet day in pink' for Hesjedal

Canada's Ryder Hesjedal remains the man to beat at the Giro d'Italia.

The Victoria cyclist was seventh in Monday's stage to hold onto the pink leader's jersey, avoiding a crash on the final turn that took out several of the top contenders.

"Another perfect day by the team," Hesjedal said. "We took control in the approach to the last hills and I was able to benefit from perfect position.

"My legs felt great and I was able to stay out of trouble. Another sweet day in pink."

Hesjedal, who rides for Garmin-Barracuda, made history Saturday when he became the first Canadian to wear the pink jersey. He remained nine seconds ahead of Spain's Joaquin Rodriguez and 15 seconds in front of Italy's Paolo Tiralongo after Monday's stage.

Spanish rider Francisco Ventoso won the ninth stage in a sprint finish.

Former Milan-San Remo winner Matthew Goss was set up for the sprint when he miscalculated the final curve and flew off his bike. He eventually got up and limped away. World champion Mark Cavendish also went down but did not appear injured. He is still recovering from a bad case of road rash in the third stage.

It was the third mass crash of the race.

THE ASSOCIATED PRESS

Ryder Hesjedal prepares to start on Monday. DANIELE BADOLATO/ THE ASSOCIATED PRESS

By the numbers

187 km

Stage 10 Tuesday is a 187-kilometre hilly course from Civitavecchia to Assisi.

Chief accuser testifies vs. Clemens

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The U.S. government's star witness in the Clemens perjury retrial took the stand in Washington on Monday and told the jury that he injected one of baseball's top pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of inadmissable videotaped evidence.

McNamee recalled how he met Clemens when McNamee was the strength and conditioning coach of the Blue Jays in 1998 and how he was asked by Clemens to come to Clemens' apartment in the SkyDome after a game in June.

McNamee said he found steroids, alcohol, needle and gauze laid out in the bathroom. He said he felt "a little uncomfortable" while preparing the shot because he'd never done anything like it before.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. McNamee said he then "plunged the fluid in into his buttocks."

"That," McNamee concluded, "was the first time I injected Roger Clemens."

McNamee's appearance is essentially the be-all and end-all of the trial. The first four weeks were mostly attempts by prosecutors to show that Clemens might have lied about ancillary things.

THE ASSOCIATED PRESS

Quoted

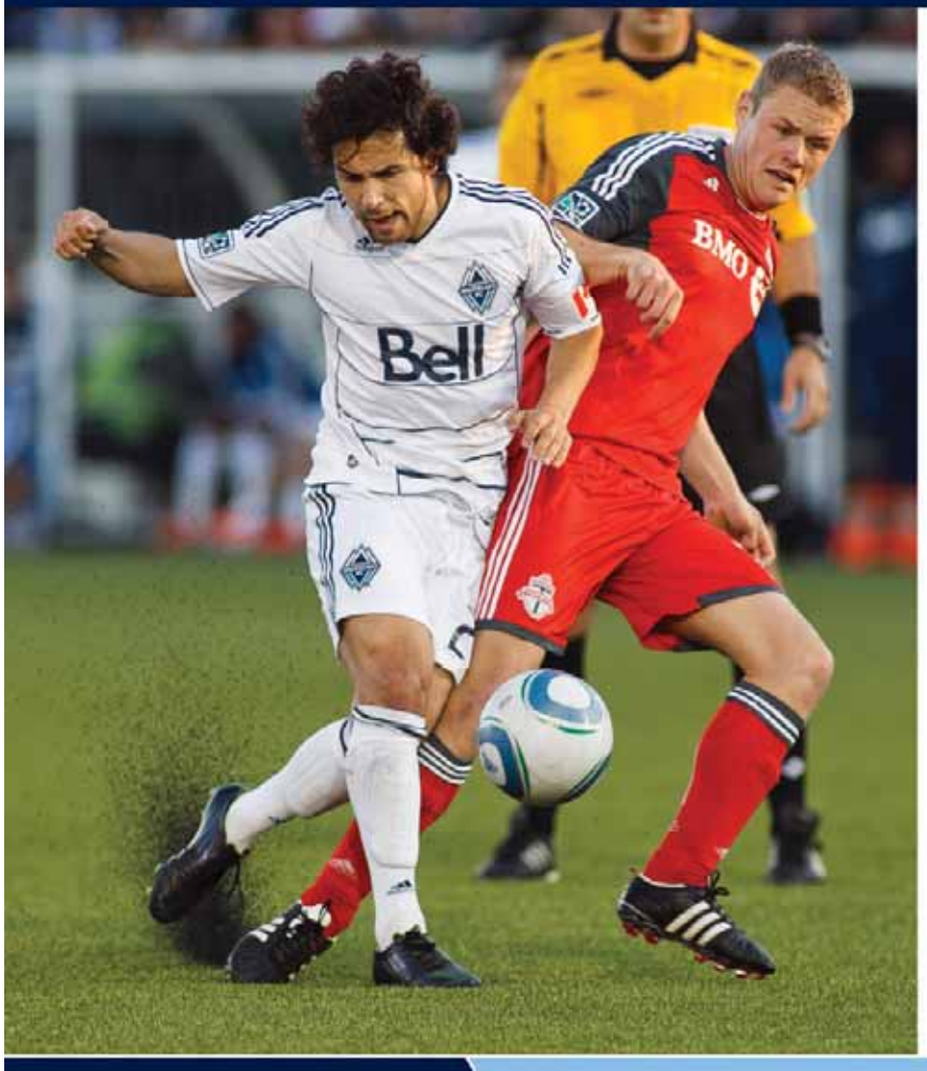
"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, key witness in the Roger Clemens perjury trial.

Tough 5th inning sinks Jays

Brandon Morrow reacts on the mound during the fifth inning Monday in Toronto. Luke Scott and Sean Rodriguez each drove in two runs in a six-run fifth inning as the Tampa Bay Rays defeated the Blue Jays 7-1. Morrow was foiled in his attempt for his fifth consecutive win when first baseman Adam Lind's error led to the five unearned runs. FRANK GUNN/THE CANADIAN PRESS

AMWAY CANADIAN CHAMPIONSHIP FINAL



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1 TICKET, 2 MATCHES

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SPORTSNET

2:00 P.M.
ON THE PITCH

VANCOUVER WHITECAPS FC VS SEATTLE SOUNDERS FC

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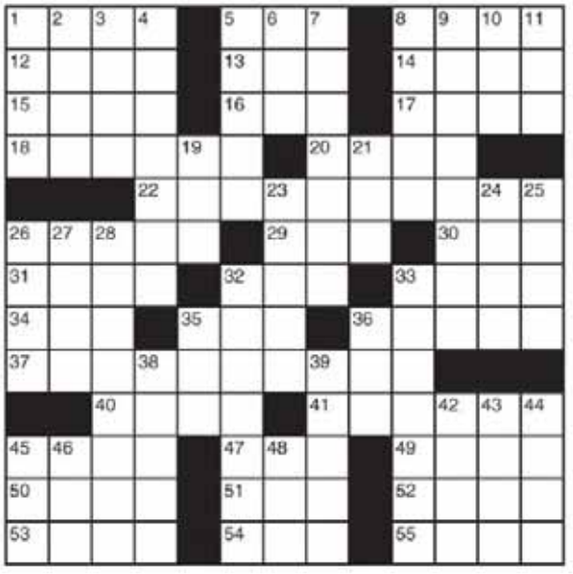
Crossword

Across

1 Fem. counterpart
5 Seek damages
8 Layer of paint
12 List-ending abbr.
13 Mess up
14 Luau dance
15 Zilch
16 Compete
17 Particular
18 Latest news
20 Chastity's mom
22 1980 Jane Fonda movie
26 Collect
29 Morning moisture
30 Martini ingredient
31 Existed
32 Spanish literary hero
33 Oberlin locale
34 Sodom evacuee
35 Nosh
36 Before
37 1984 Goldie Hawn movie
40 Metric syllable
41 Rough
45 Vivacity
47 Mainlander's memento
49 Disturb
50 Poolroom prop
51 Moray, for one
52 Tittle
53 "Planet of the —"
54 Firmament
55 Portent

Down

1 Carte
2 Covering
3 Hourglass fill
4 Wash
5 Twilight time, maybe
6 Swiss canton
7 Put up
8 Leader
9 Completely
10 Pub order
11 Highlander's chapeau
19 "— the season ..."
21 Explanation
23 Mrs. Archie Bunker
24 Henry —
25 Carbon compound
26 Piercing tools
27 Cat call
28 Ruse
32 Rooks
33 Erie neighbor
35 Swelled head
36 Venusian vessel
38 Crannies
39 With aloofness
42 Leeway
43 Location
44 Verve
45 Support system?
46 Eminem's genre
48 "A mouse!"



Sudoku

		4	6		7			
	5					1	8	
3	6				9	5		
5		8	7				4	
				1				
	2				6	8		9
		1	2				9	8
	7	3					6	
			4		3	2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	5	8	4	6	2	9	3
2	8	6	7	9	3	1	5	4
4	3	9	1	5	2	7	6	8
3	5	7	6	8	9	4	2	1
1	4	2	3	7	5	6	8	9
9	6	8	2	1	4	5	3	7
5	7	1	9	2	8	3	4	6
8	2	3	4	6	7	9	1	5
6	9	4	5	3	1	8	7	2

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXJ XZBLN XGOVGAP LABLXZTLN, TLZTXL ZMRLA XGVL RZ OWXX FGD W NLWXGAP MWA.

Yesterday's Cryptoquip: IF A FEMALE MONARCH WERE A FAN OF LOW-QUALITY BEDS, SHE COULD BE CALLED MARY, QUEEN OF COTS.

Today's Cryptoquip Clue: X equals L

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 21°/10° Partly cloudy
Wednesday 16°/10° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.

Taurus | April 21 - May 21. You could be a bit too free and easy today, both with your time and with your cash.

Gemini | May 22 - June 20. You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.

Cancer | June 21 - July 22. It's quite possible that your imagination will play tricks on you and make you believe that certain things are going wrong when, in fact, they are going right.

Leo | July 23 - Aug. 22. You seem to believe that if you don't grab as much as you can right now you will miss out altogether.

Virgo | Aug. 23 - Sept. 22. You may not be able to explain why certain things are happening but there is no reason to get worked up about them.

Libra | Sept. 23 - Oct. 22. Current aspects make you reluctant to take risks, and that's good because you really don't need to.

Scorpio | Oct. 23 - Nov. 21. Where money and business affairs are concerned you must be cautious, because you could easily be tricked into thinking that you cannot lose out when, in fact, you could lose everything.

Sagittarius | Nov. 22 - Dec. 21. Don't withhold your affections today just because someone has offended you.

Capricorn | Dec. 22 - Jan 20. Never forget that it's your mind that creates your world. Make it a world worth living in.

Aquarius | Jan. 21 - Feb 18. Sometimes it pays to be on your guard.

Pisces | Feb. 19 - March 20. What you think is a problem is not really a problem at all.

SALLY BROMPTON

Caption Contest

"Birds without feather, also flock together."
Virender

MATT ROURKE/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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It seems that our 35% discount isn't enough of a savings but people may not realise how low our regular retail prices are when compared to other retailers. Our prices are so low that we've accidentally sold items below melt value because some of our prices have not yet been updated!

Sale ends July 15, 2012

Most jewellery priced at below wholesale.
35% discount now applies to gold sold by weight.

18kt yellow gold ring with cushion shaped flat topped blood stone (heliotrope), 19.6 grams
Appraisal value: $2,400.00
J&M Regular Price $1,219.00
J&M Sale Price $793.00

14kt gold ring with 7.0 mm Akoya cultured pearl surrounded by 15 diamonds (0.23cttw), 3.2 grams
Appraisal value: $1,300.00
J&M Regular Price $379.00
J&M Sale Price $247.00

Ladies 14kt yellow gold cluster ring featuring 10 marquis cut rubies (3.28 cttw) and 20 full cut diamonds (0.32 cttw)
Appraisal value $3,850.00
J&M Regular Price $1,739.00
J&M Sale Price $1,130.00

14kt white gold top and drop pendant with a 3.6 ct and 0.6 ct blue topaz and 43 diamonds (0.30 cttw), 2.1 grams
Appraisal value $1,600.00
J&M Regular Price $589.00
J&M Sale Price $382.00

14kt yellow gold ring with triangular cabochon cut ritulated quartz accented by 8 diamonds (0.12 cttw), 13.8 grams
Appraisal value: $2,000.00
J&M Regular Price $635.00
J&M Sale Price $413.00

14kt white gold slide pendant featuring 5 princess cut diamonds (0.64 cttw) surrounded by 29 full-cut diamonds (0.36 cttw) with 14kt white gold 18" modified fox tail link chain, 9.1 grams
Appraisal value: $2,600.00
J&M Regular Price $1,099.00
J&M Sale Price $715.00

18kt white gold bracelet, polished finishing, chess-style diamond cut pattern links, 18.21 grams
J&M Regular Price $1,490.00
J&M Sale Price $968.00

14kt gold bracelet with 36 diamonds (1.08 cttw)
Appraisal value: $6,200.00
J&M Regular Price $2,789.00
J&M Sale Price $1,812.00

Ladies' 14kt yellow gold dual strand rope style bracelet with five faceted amethysts (4.12 cttw), 11.6 grams
Appraisal value: $1,850.00
J&M Regular Price $759.00
J&M Sale Price $494.00

Ladies 18kt white gold classic ring featuring a 0.36 ct diamond SI-2 F and 13 baguette/tapered baguette diamonds (0.41 cttw), 3.5 grams
Appraisal value: $2,900.00
J&M Regular Price $1,339.00
J&M Sale Price $870.00

14kt two-toned mens' wedding band, 7.3 grams
J&M Regular Price $473.00
J&M Sale Price $377.00

14kt yellow gold stylised cross pendant with partially rhodium plated matte and polished frame with polished tips and 10 full cut diamonds (0.10 cttw), 4.1 grams
Appraisal value: $850.00
J&M Regular Price $355.00
J&M Sale Price $230.00

Ladies 14kt yellow gold ring featuring a 2.40 ct medium purple faceted amethyst, 4.6 grams
Appraisal value: $1,000.00
J&M Regular Price $339.00
J&M Sale Price $220.00

Ladies' 14kt rose gold ring featuring a 25.0/18.0mm cabochon cut aventurine quartz surrounded by tree rows of twisted wire detailing, 13.3 grams
Appraisal value: $1,350.00
J&M Regular Price $659.00
J&M Sale Price $429.00

.950 platinum band, 4.69 grams
J&M Regular Price $565.00
J&M Sale Price $365.00

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